

HUBUNGAN PENILAIAN MUTU HIDANGAN DENGAN STATUS GIZI ANAK ASUH DI PANTI ASUHAN BUDHI ASIH KOTA CIREBON TAHUN 2005

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Panti asuhan mempunyai tujuan khusus yaitu menyediakan makanan bagi anak asuh dalam jumlah dan mutu yang memenuhi syarat gizi. Penilaian mutu hidangan oleh penghuni dapat menjadi salah satu faktor penentu apakah hidangan yang disajikan sudah memenuhi selera penghuni, yang pada akhirnya mempengaruhi tingkat kecukupan gizi dan status gizi penghuni. Penelitian ini bertujuan untuk menganalisis hubungan antara penilaian mutu hidangan dengan tingkat kecukupan energi dan protein, tingkat kecukupan energi dan protein dengan status gizi, serta hubungan antara penilaian mutu hidangan dengan status gizi. Jenis penelitian ini adalah penelitian penjelasan dan metode yang digunakan adalah survey dengan pendekatan cross sectional (belah lintang). Populasi adalah semua anak asuh yang duduk di kelas I - VI SD yang terdaftar di Panti Asuhan Budhi Asih Cirebon, dan sampel adalah anak panti asuhan yang terdaftar di Panti Asuhan Budhi Asih Cirebon yang memenuhi kriteria tercatat di panti asuhan, usia 7-12 tahun, bisa membaca dan menulis, tidak menderita penyakit kronis, tidak buta warna. Berdasarkan kriteria tersebut diperoleh jumlah sampel 32 orang. Hasil penelitian menemukan sebanyak 75 % memberikan penilaian yang sedang terhadap mutu hidangan yang disajikan panti asuhan. Persentase terbesar untuk tingkat kecukupan energi responden adalah kategori defisit (56.25%). Sedangkan untuk tingkat kecukupan protein 100 % responden termasuk dalam kategori defisit (< 70% AKG). Status gizi responden menurut indeks BB/U terdapat 15.63% termasuk kategori kurang, menurut indeks TB/U ada 43.75% termasuk kategori pendek dan menurut indeks BB/TB seluruhnya (100 %) termasuk kategori normal. Tidak ada hubungan penilaian mutu hidangan dengan tingkat kecukupan energi dan protein, Ada hubungan yang bermakna tingkat kecukupan energi dengan status gizi (menurut indeks BB/U, TB/U dan BB/TB), ada hubungan yang bermakna tingkat kecukupan protein dengan status gizi (menurut indeks BB/U dan BB/TB), tidak ada hubungan tingkat kecukupan protein dengan status gizi (menurut indeks TB/U) dan tidak ada hubungan penilaian mutu hidangan dengan status gizi.

Kata Kunci: Mutu Hidangan, Status Gizi, Anak Asuh, Panti Asuhan

THE CORRELATION BETWEEN EVALUATION OF MENU QUALITY AND NUTRIENT STATUS OF FOSTER CHILD AT BUDHI ASIH ORPHANAGE CIREBON CITY IN 2005

An Orphanage has a specific purpose to provide foods for the foster child in the amount and quality that fulfill the nutrient requirements. The evaluation of menu quality by the occupant may be one of determinant factors whether the served menu has fulfilled the occupant's taste or not as a result influence sufficiency degree of nutrient and nutrient status of occupant. The research has aim to analyze the correlation between evaluation of menu quality and the sufficiency degree of protein and energy, the sufficiency degree of protein and energy with the nutrient status, and also the correlation between evaluation of menu quality and nutrient status. The research is a kind of an explanatory research and method that was used in the research was survey with cross sectional approach. The population of the research were all foster children in the first to sixth grade of Elementary School registered in Budhi Asih orphanage, and the samples were all foster children in Budhi Asih orphanage with criteria registered in the orphanage, in the age of 7-12 years old, able to read and write, do not suffer from chronic disease, are not color blind. And then based on those criteria, the amount of the sample was 32 people. The result of this research indicates that 75 % respondent give a medium evaluation of the menu quality served by the orphanage. The biggest percentage for the degree of respondents' energy sufficiency is deficit category (56.25%). Meanwhile for the degree of protein sufficiency, 100% respondents are included in deficit category (<70% of Nutrient Adequacy Level). In the category of respondents' nutrient status that is based on the body weightage indices, there are still 15.63% respondents who are included in the less category, based on the body heightage indices there are 43.75 % who are included in the short category, and based on the body weight/body height indices there are 100 % respondents who are included in normal category. There is no correlation the evaluation of menu quality and the sufficiency degree of protein and energy, there is significant correlation the sufficiency degree of energy and nutrient status (on the body weightage indices, body heightage indices and body weight/body height), there is significant correlation the sufficiency degree of protein and the nutrient status (on the body weightage indices and body weight/body height), and there is no correlation the sufficiency degree of protein and the nutrient status (on the body heightage indices), and there is no correlation the evaluation of menu quality and the nutrient status.

Keyword: menu quality, nutrient status, foster child, orphanage